The South 40

On late-summer fescue

By James A. Smith
Extension Agent

Those who stockpiled fescue in late summer should turn cattle on it to feed before heavy winter. An acre of stockpiled fescue should produce enough forage to feed one cow for 60 to 90 days.

Buster Lucado was telling me that he has 10 acres and is preparing to expand to 25 acres in 1983.

After nitrogen was applied in August, it became dry but we finally got sufficient rain and warm temperatures to obtain reasonably good growth.

* * *

FMC Corporation reports that Furadan Granules will be converted from 10% to 15% concentration. There will likely be some 10% granules on the market next year because some are still in inventory.

All crops for which Furadan 10G is presently registered are also registered for Furadan 15G. The amount used will be reduced by one-third.

* * *

A study in Virginia shows that at least 25% of the state's alfalfa contained damaging levels of winter annual weeds in 1982. Some heavily infested alfalfa fields were literally being smothered out by thick mats of chickweed.

A recent study in Maryland shows up to an 80% reduction of first cutting alfalfa yields in severely infested plots, and a 24% reduction in second cutting yields. Stand density, or number of alfalfa plants was also reduced by 31%.

Now is the time to check the alfalfa fields closely -- identify the weed(s) problem and select a herbicide that best fits your need.

There are a number of herbicides that can be considered:

2,4-DB (Butyrac, Butoxene) for control of small winter annual broadleaf seedlings. Apply when weeds are small and temperature is greater than 40°F. Control thistle seedlings, curly dock seedlings, mustards, Pennycress, shepard-spurse.

MCPA (Dow MCPA) - Apply after alfalfa is defoliated. Will control broadleaves listed above, plus calepina, dandelion and plantain.

Paraquat for the control of emerged annual weeds after alfalfa is dormant. Weeds and grasses must be succulent and growing at the time of application.

Chlorpropham (Furloe) - Excellent for chickweed control -- little activity on other weeds. Price and availability may be a problem.

Simazine (Princep) - The most common fall treatment. Alfalfa may be growing, semi-dormant or dormant. Apply before weed emergence. Residual control of chickweed, henbit, Knawel (German Moss), pepperweed, shepardspurse and mustard species.

Diuron (Karmex) - Strong on broadleaf, not very effective on grasses. For application in March or early April. Control broadleaf listed under Simazine except henbit, and in addition, controls dog fennel and gromwell.

Terbocil (Sinbar) - Controls weeds listed under Simazine and gives residual control of summer annual grasses -- foxtail, crabgrass and panicum. Apply in fall or spring during the dormant period.

Metribuzin (Lexone/Sencor) - Apply in fall or spring. Controls chickweed, henbit, sheprardspurse, yellow rocket, mustards, crabgrass and foxtails.

Pronamide (Kerb) - Good activity on grasses, little effect on broadleaf weeds.

There are only seven beef producers registered for the Beef Cow/Cow Profit Clinic on December 15-Lynchburg Livestock Market.

This should be an outstanding program. Why not give us a call and plan to attend.

ASCS Today

BY TOM CONTRAD

USDA Announces Flue-Cured Tobacco Marketing Quota, Sets Referendum - The 1983 flue-cured tobacco national marketing quota will be 910 million pounds, 10 percent below the 1982 quota.

The national acreage allotment will be set at 457,516 acres, 16.3 percent below 1982's, because the No Net Cost Tobacco Program Act of 1982 requires the national average yield goal be changed to 1,989 pounds per acre. Previously, the goal was 1,854 pounds per acre, he said.

It is necessary to reduce the 1983 quota so that the reduction in supplies would come about in an orderly manner.

Supplies of flue-cured tobacco -- the quantity on hand at the start of the 1982 marketing year plus 1982 marketings -- are about 585 million pounds in excess of the reserve supply level. The reserve supply level is the quantity considered adequate to meet estimated deomestic use and export needs. Current legislation provides for reducing the quota when supplies exceed the reserve supply level.

Changes in allotments on individual farms may differ from that of the national acreage allotment, because the 1982 ACT also authorized that changes take into account the yield history of the county in which a farmer is located.

Flue-cured tobacco growers will vote Dec. 16 in a referendum conducted by USDA. The referendum will determine whether acreage-poundage quotas and price support will continue for tobacco crops for the next three years. Quotas and price supports will remain in effect for the 1983 flue-cured crop, if two-thirds or more of the producers vote "yes".

Legislation provides for a flue-cured tobacco referendum within 30 days of the quota determinations in the last year of each three-year period in which the marketing quotas are in effect. In the 1979 referendum, 97.7 percent of the 115,925 flue-cured tobacco growers voting favored marketing quotas for the 1980, 1981 and 1982 crops.

County Convention - The county convention will be held this year at the ASCS office on Wed., Dec. 15, 1982 at 9:30 a.m. The purpose of the convention will be for newly elected community committeemen to elect members to serve on the county committee beginning January 1, 1982.

The convention is open to the public and anyone that desires to attend is invited to do so.

Fun show set

The Annual 4-H Share-The-Fun Show will be held at the Appomattox County High School Auditorium on Thursday evening, December 16, beginning at 7:00 p.m.

Performing will be the top acts selected from over 75 acts that took part in preliminary Share-The-Fun programs last week. American Federal Savings and Loan Association of Appomattox will provide awards for all participants in the Share-The-Fun program.

Make your plans now to attend this fast moving, fun-filled variety talent show and see some of the outstanding young people perform on stage. Awards will be presented immediately following the show.

THE TOWN OF APPOMATTOX held its annual Firemen's Christmas Dinner Monday night at Jeanne's Restaurant. At the dinner, the town expressed its appreciation for the firemen's volunteer efforts throughout the year, and presented the firemen with cash gifts from donations made by businesses and individuals. Shown above at the dinner are (from left) Paul Drinkard, firemen's fund drive coordinator; Hugh Mitchell, fire chief; Robert Childress, assistant fire chief; C.T. Moses, Jr., organizer of the Moses Motor Co. "Firemen's Truck Bonanza" benefit fundraiser; Carl Wooldridge, fire commissioner; and James Ford, firemen's fund drive coordinator. (Photo by Bill Sherrod)

W.A. "ANDY" SCRUGGS (second from right) shows plaque of appreciation and wristwatch he received Monday night at the annual Firemen's Volunteer Christmas Dinner at Jeanne's Restaurant. Scruggs is retiring after 30 years of volunteer service with the fire department. Shown with him are (from left) Hugh Mitchell, fire chief; Carl Wooldridge, fire commissioner; and Dick Bass, vice mayor of Appomattox and former member of the fire department. (Photo by Bill Sherrod)

The Raider Review

By PHIL AGEE

Statistics concerning the status of 1982 ACHS graduates have recently been released. The statistics point out excellent long-range goal planning by last year's graduates.

The percentage electing to further their education was 33.8 percent of the class' 171 students. Of this, 17 percent enrolled into four-year colleges while 12.2 percent chose two-year institutions. Other past-secondary schools claimed 4.6 percent of the graduates.

Last year's class benefited greatly from the school's vocational program. The number going on to formal education with a job entry skill was 28 while 30 students completed part of a vocational program. One student was issued a certificate with a job skill.

Guidance counselor Harriet James was especially pleased with the number of students graduating with marketable skills attained through an occupational preparation program. "A very high percentage had marketable skills" noted James, referring to the 99.4 percentage rate achieved by 1982 seniors.

Unemployment was not a major surprise to many 1982 graduates. James stated, "Unemployment was 19.1 percent due to the economy." Last year's unemployment rate was over eight percentage points higher than those graduating in 1981. The number of 1982 graduates who are currently full-time homemakers is 5.3 percent, the highest mark since 1976.

A number of students elected to enroll in the armed forces. Included with several males were two females. "This is the first time we've ever had two girls join the armed forces in one year before," noted James.

The 1982 graduates were successful in their future planning and they have the statistics to back it up. Said James, "We've very much pleased with their goal planning."

Consumer Sense Notes

Watch your holiday calories

By Ocie M. Mack
Extension Agent

With the holiday season going full steam, visions of calorie-laden feasts already may be turning into nightmares of pinching zippers and bulging seams for those who dread gaining weight. If the problem of keeping pounds off and the palate still pleased is weighing heavily on your mind, relax and follow these ten suggestions to help make sure your feasting isn't fattening.

1. Holiday party buffet tables can be a dieter's bitter enemy. Turn the situation to your advantage. Plan ahead. To lessen your appetite, eat a salad or drink a lot of water before going to the party. Choose low-calorie foods for your plate by sticking with fresh fruits and raw vegetables instead of cookies and cake. Use a small plate, and refuse "seconds."

2. Grocery shopping for the holiday should include buying low calorie substitutes to use when preparing holiday meals. Try a non-stick spray intead of shortening, butter or margarine. Low fat plain yogurt is a good substitute for sour cream. Low-fat cottage cheese can replace cream cheese. When buying meat, buy lean cuts and trim away visible fat. Don't shop on an empty stomach, (you're tempted to buy things you don't need).

3. Nibbling or tasting while cooking a meal can be self-defeating for weight watchers. If you must taste, use a small spoon or ask someone else to do it. Keep celery or carrot sticks handy to combat those nibbling urges.

4. Dessert for weight-conscious could include fresh fruit or plain gelatin prepared with unsweetened fruit juice. Consider skipping dessert. If you know the will-power will not be there, cut back a little during the main meal to make up for eating a small portion of your favorite holiday pie or cake.

5. Forget your childhood training to eat everything on your plate, leave something.

6. Be assertive. Tell your co-workers, friends and relatives not to offer you fattening foods. If this is hard for you, try thinking up friendly ways to refuse the food. Decide what you will say before you get to the dinner or party.

7. If cooking dinner is on you, don't be afraid to try cooking with less salt, sugar and fat. Your family and friends may just enjoy the change.

8. During the holiday, and any other time of the year, be sure each meal you eat is a nutritious one.

9. Remember, getting some form of exercise, a brisk walk would do, is essential to making your careful holiday eating effective.

10. Think positive and think ahead. Festive doesn't have to mean fattening.

Canneries to close

The Appomattox and Pamplin Canneries will close for the season at the end of next week.

Appomattox cannery will be open on Tuesday and Thursday, and Pamplin will be open on Wednesday only:

Patrons who wish to can large batches of stew or render lard should call the canneries to make appointments and reserve cooking pots.

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Carrington Christmas Gift Wrap
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MON.	TUES.	WED.	THURS.	FRI.	SAT.
13 10-8	14 10-8	15 10-8	16 10-8	17 10-8	18 10-8
20 10-8	21 10-8	22 10-8	23 10-8	24 10-6	MERRY Christmas

STEPHEN'S FASHIONS
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Zion Baptist

By SUSIE HUNTER

We have enjoyed the beautiful warm weather.

The regular preaching service was held at Zion Baptist Church Sunday at 11 a.m. with the Rev. Charles Lewis in charge. He was happy to be back from vacation, and thanked the church and Pastor's Aide Club for their donations while he was on vacation. He preached a challenging message which everyone enjoyed. The offering was very good.

The Ladies' Aide group will meet Sunday at 2 p.m. at the church. Members and auxiliary members are asked to bring their gifts for the pastor on the third Sunday.

Mr. Andrew Mack and Mr. Haywood Durphy are on the sick list. Our other sick members are improving slowly.

Those visiting Mrs. Magnolia Franklin recently included Mrs. Ann Franklin, Mr. and Mrs. Tim Morton, and Miss Sybil Franklin.

Our sympathy goes out to the family of Mrs. Hazel Walker in the loss of their loved one.

Mrs. Marie Walker and Mrs. Lucy Walker visited Mrs. Susie Hunter and Mrs. Esther Allen recently.

We are praying for the sick and shut-in everywhere.

St. Luke

Sunday's service at St. Luke was well attended. The Rev. Johnson was in charge. He was assisted by the Rev. Jones. The St. Luke Senior Choir sang Christmas music, and the Young Adult Ushers were on duty.

Following the sermon, communion was offered.

Mrs. Sadie Scott and her husband had as guests over the Thanksgiving holiday a wide variety of relatives from Washington,D.C.

The committee formed for the Louise Canada Appreciation Service is sorry that so many did not know about the event. It was broadcast and put in the newspaper.

Mrs. Canada is still receiving gifts from her friends, and is so grateful for these thoughts of love.

The St. Luke School is planning for a Christmas Tree and program soon.

The former pastor of St. Luke Baptist Church will be given an anniversary service Dec. 12 at 3 p.m. The Rev. J. E. McLaughlin will preside over the service at Memorial Baptist Church in South Boston, Va. All are invited to attend.

Mt. Pleasant

"I came not to call the righteous, but sinners to repentance. (Luke 5:32)

Worship services will be held at Mt. Pleasant Baptist Church the second and fourth Sundays of this month. The Rev. W. L. Napier will be pastor in charge.

Sunday school will be held at 10 a.m., followed by the worship service at 11 a.m.

A gospel sing will be held Sunday at 3 p.m., sponsored by the Pastor's Aide Club.

Senior Choir rehearsal will be held at 5:30 Wednesday night. Rehearsal for the Christmas program will be held at the same time. Bible study will begin at 7 p.m. Wednesday.

The community was saddened to hear of the passing of one of our dearest friends, Mrs. Hazel Walker. Our sympathy goes out to the family.

Let us pray for those who are less fortunate than we.

Bomar wins contest

Marty Bomar, Staunton River High School, was the winner of the fourth annual Southside Area FFA Creed Speaking Contest held at the Rustburg Middle School, Dec. 2. Creed speaking is a FFA leadership activity for first-year Future Farmers of America members.

Contestants are required to recite the FFA creed and respond to questions on the meaning of the organization's creed.

Spencer Brown, Buckingham Junior, was runner-up. Third place went to Alec Hayes, Amelia Middle. Cheryl Dalton, Halifax Junior; Gladys Bowman, Franklin County; Gerald Ryan, Appomattox Middle; and Clevester Jones, Chatham, finished fourth, fifth, sixth and seventh, respectively.

Judges were J.P. McKinzie, Jefferson Forest; Susan Goodman, Charlotte Central Middle; and E.C. Conner, Park View Senior - all instructors of agricultural education. Becky Gnegy, student teacher at Gretna Junior also assisted with the judging.

G. T. Mitchell, instructor of agricultural education at the Rustburg Middle School, was in charge of local arrangements for the contest.

Wenning honored

Miss Barbara Wenning, Rt. 2, Concord, a junior at Lynchburg College majoring in English, took part this week in a one-day event promoting the College's School of Business.

With a member of the Lynchburg College ASSOCIATES, a group of Lynchburg area business and professional people who interpret the college program in the community, students called on local businesses to solicit funds for the college.

"This event provides Lynchburg businesses with the opportunity to continue their support to the college which, in turn, furnishes the community, with some of its finest business personnel and makes available services to the business community," noted Dr. George M. Dupuy, dean of LC's School of Business, in remarks made at the ASSOCIATES-students breakfast which preceded the day of solicitation.

Lynchburg College is a privately endowed, coeducational senior college of liberal arts and sciences, historically related to the Christian Church (Disciples of Christ).

Support group to meet

The second meeting of the Appomattox Arthritis Support Group will be held on Tuesday, December 14, at 7:30 p.m. at the Appomattox Court House Presbyterian Church.

Guest speaker for the evening will be Dr. Clyde G. O'Brien, local physician; his topic will be "The Various Types of Arthritis."

Following the program a group discussion will be held. Informative brochures will be available.

Interested individuals are invited to attend.

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5 VARS. WASHINGTON MIX RAGA MUFFIN 4 7½ oz. PKGS. $1.00
LIPTON CUP'O' NOODLES SOUP • ASST. VARS. 2/$1.00
RICHFOOD SALTINE CRACKERS 1-lb. PKG. 59¢
AUNT HANNAH'S ROLLS BROWN & SERVE 2 PKGS. 99¢
WASHINGTON MIX CORN MUFFIN 4 8oz. PKGS. $1.00
TRIPLE COLA REG. OR DIET 2-LITER 59¢
MUELLER'S LASAGNA 1-lb PKG. 79¢
IVORY SOAP Personal Size 3 BAR PKG. 79¢
SCOTT BATH TISSUE PKG. 4's $1.59
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IVORY LIQUID for dishes 22oz. BOT. $1.09
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TOTINO'S Cheese PIZZAS 13 oz. 99¢
RICHFOOD Cultured BUTTERMILK ½ GAL. 99¢
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